



# *Christian Life Fellowship*

*Becoming fully devoted followers of Christ*



## **Seven Reasons Why We Need Not Worry**

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### **Introduction:**

Yesterday was the last day you had to worry about anything. You don't have to worry today and you don't have to worry about tomorrow. Worry is a choice. It is a decision. Some of the principles we have talked about over the past six weeks are these: God is in control of the details of our lives; dependence on God helps us worry less and trust more; understanding how mighty God is should increase our faith and decrease our worry, worry harms us and our physical, emotional and spiritual strength and health; we are powerless to change anything by worrying so why give ourselves to its futility? There are real challenges that God wants us to pursue, challenges for His kingdom and worry keeps us from that pursuit.

Today we are going to look at the seventh reason why we should not worry. **Living one day at a time keeps us from being consumed with worry. [Matthew 6:34](#) - So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.**

The words to a song made popular by Cristy Lane say it well:

**One day at a time Sweet Jesus, that's all I'm asking from you  
Just give me the strength to do every day what I have to do  
Yesterday's gone sweet Jesus, and tomorrow may never be mine  
So help me today, show me the way, one day at a time.**

**I'm only human, I'm just a man  
Help me believe in what I could be, and all that I am,  
Show me the stairway**

**I have to climb, Lord for my sake  
Teach me to take, one day at a time**

**I. Our focus should be on today.**

In a twenty-four hour period, there are fourteen hundred and forty minutes for living. There are plenty of opportunities that present themselves during that time period to trust God or to worry, to waste time or to redeem it, to give ourselves to the task at hand or fret about the tasks yet to come or the tasks that are behind us.

An old axiom says this: Every day brings its own cares; and to anticipate them is only to double them. Worrying is not only useless but it makes us miserable before the fact. God alone is the only one who knows what the future will be before it comes to pass. When we worry about the future, we approach the border of trampling on God's rights. How much good is left undone, how many evil things happen, how many duties are neglected, how many innocent people are deserted, how much good is destroyed, how many truths suppressed because of giving our time and energy and thoughts to the worry about the future.

Adam Clarke's commentary says this, "We should live but a day at a time, so we should take care to suffer no more evils in one day than are necessarily attached to it. He who neglects the present for the future is acting opposite to the order of God, his own interest, and to every dictate of sound wisdom. *Let us live for eternity, and we shall secure all that is valuable in time.*"

**II. The challenges of today are enough to handle.**

As they wandered in the wilderness, the people of Israel were challenged to trust God for His provision for that day. Each day they would gather the manna that God would send. The lesson for God's people

was that God will provide what you have need for today. When tomorrow gets here, it will be today and God will be faithful to provide what you have need for today. No doubt there were among the Children of Israel those who may have wondered and fretted and worried about tomorrow. But for forty years God was faithful and through His faithfulness, He was proving to them that He could be trusted. There was nothing to worry about.

One challenge that the Children of Israel had was the challenge of getting past the City of Jericho. The focus needed to defeat that city was enormous. They had to resist the temptation to attack the city. They had to resist the temptation to talk to their neighbor. They had to resist the temptation to worry about what if the walls didn't come down. They followed the instruction of the Lord through Joshua and at the end of the seven days, the walls fell down flat.

Another challenge they had to face was crossing the Red Sea. Finally Pharaoh decided to let them go out of bondage and gave them the opportunity to go serve God. They left Egypt and immediately faced the Red Sea. They were trapped with nowhere to go. What were they going to do now? To turn back would be to go straight back to their captors. To move ahead would mean certain drowning in the Red Sea. Either way they were going to die. We know the outcome and God saw millions of His children get safely through on dry ground.

I am reminded of the words to that song we sometimes sing, "God will make a way": God will make a way where there seems to be no way. He works in ways we cannot see; God will make a way for me. He will be my guide, hold me closely to His side, with love and grace for each new day, He will make a way. God will make a way.

**Conclusion:**

We don't have to give ourselves to worry, rather we need to give ourselves to God and depend on Him to take us through the future whatever challenge may be there, trusting Him completely. Give your entire attention to what God is doing right now and don't get worked up about what may or may not happen tomorrow because God will help.

